

Evaluating yourself as a coach

The following is a checklist I found that a coach could find presents a base from which to evaluate their own performance. Apologies to the unknown author

CHECKLIST

BEFORE THE SESSION

1. Produced a detailed lesson plan?
2. Look the part?
3. Players and equipment organized?

DURING THE SESSION

Manner

1. Were you confident and enthusiastic?
2. Did you build a positive rapport with the players?
3. Did you create a positive playing environment?
4. Did you build and maintain control of the session?

Organization

1. Were the players structured correctly (In appropriate positions, correct balance between attacking and defending players to achieve success)?
2. Were the players active or static?
3. Were the exercises effectively & realistically organized? (Counter attack goals, restart position)

Observation

1. Did you stop the session appropriately & at the correct teachable moment?
2. Did you diagnose key faults?
3. Did you recreate situations accurately?
4. Did you re-start exercises effectively?
5. Did you understand how and when to progress to the next stage and add players?

Communication

1. Did you show technically sound knowledge & understanding of topic?
2. Did you provide clear & accurate demonstrations?
3. Did you provide clear & accurate explanations?
4. Did you summarize the session for the players?
5. Did you inspire players to improve?

AFTER THE SESSION

1. Did the players have fun?
2. Did you leave the players with a 'Message'?
3. What to include in the next session based on THIS session?

By memorizing this checklist, your session will improve to the standard that your responsibility as the coach demands.